



## Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact [support@jstor.org](mailto:support@jstor.org).

an amount of advice, suggestion, and instruction which should prove of lasting benefit. As a basis for systematic instruction the book should be helpful to superintendents and teachers in training-schools, for while much of this nature is given continuously in all schools worthy the name, yet there have been probably few attempts to bring it into line with those subjects demanding regular, thorough, detailed teaching. Anything Mrs. Robb writes is sure of the attention of the nursing profession. She writes clearly, earnestly, and with a definite purpose. Her book should have a wide circulation. M. A. N.

**HOW TO COOK FOR THE SICK AND CONVALESCENT.** Arranged for the physician, trained nurse, and home use. By Helena V. Sachse, graduate of the Philadelphia Cooking School. Philadelphia: J. B. Lippincott Company.

**FOOD FOR THE SICK, HOW TO PREPARE IT. FOOD FOR THE BABY.** By Edwin Charles French, M.D. Louisville: John P. Morton & Company.

The modern nurse, to be successful, must give unremitting attention to food materials, the processes of nutrition, and the art of preparing the proper foods in the right way. Too long neglected, the science of cookery is now daily advancing to its proper place as the foundation of the maintenance of health and restoration from diseased states. The two books before us should both be of great value to the nurse, and though not so intended, would make excellent mates for the diet-school shelf, as their arrangement is such that they seem complementary to each other.

Dr. French's book gives a table of the different diseases the nurse will be called to care for, with a brief account of the digestive condition as affected by the disease, and the reasons why certain foods must be given, followed by a list of the articles of diet allowable in each case, both foods and drink. This is very valuable to the private-duty nurse, who is often left with full responsibility of catering for the patient, and is often uncertain whether such and such an article may be given. Dr. French also gives recipes, only attempting to cover the ground called for in his disease tables.

Miss Sachse assumes that the nurse knows what types of foods patients need, and she has devoted herself to telling how to prepare every imaginable kind of nutrient and restorative food, with such success that the reader experiences pangs of hunger and almost wishes to be an invalid. The recipes are given a very attractive form and appearance, and a great variety of modes of preparation are described, as, for instance, five different ways of preparing scraped beef are given, all dainty and delicious.

The soups and drinks also are especially nice, and the nurse who has a taste for cooking will find unlimited satisfaction in exploring this very prettily gotten-up cookery book. L. L. D.

